CNIC –Fleet Readiness

Mission Readiness Branch Program Update

for

Navy Session

at

Athletic Business Conference

November 2007

Orlando, Florida

Commander, Navy Installations Command…
Supporting Command to the Warfighter

DETERMINATION

"The difference between the impossible and the possible lies in on

Mission Readiness Branch

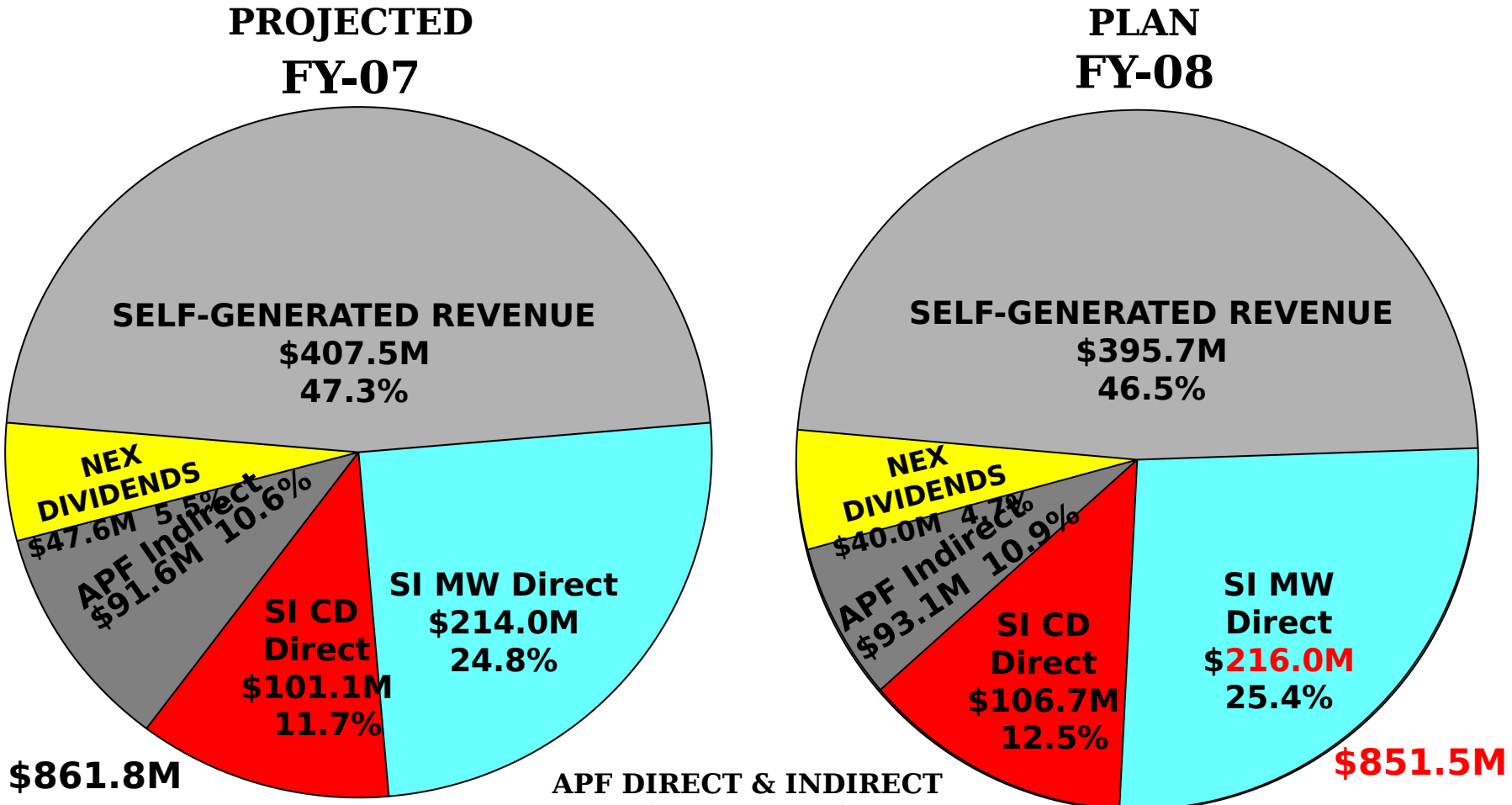
- **Deployed Forces Support – Primary Focus**
  - Focus- Fleet and Isolated and Remote Commands
  - Deployed Forces Support Specialists
- **Fitness**
  - Fitness/Recreational Sports/Aquatics
- **Navy Sports**
  - Trial/Training Camps/Armed Forces Sports, CISM, National & International Competition

2008 Armed Forces Sports Calendar

2008 Armed Forces Sports Calendar
Date and Locations Subject to Change

Sport	Application Due	Training Camp	Armed Forces (AF)	Nationals	CISM
Bowling (M&W)	1-Dec	2 - 6 Jan Fort Shafter, HI	6 - 12 Jan Fort Shafter, HI	13-18 Jan Las Vegas, NV	None
Soccer (M)	8-Dec	8 - 30 Jan NAB Little Creek, VA	30 Jan - 6 Feb MCAS Cherry Point, NC	None	None Cont Champ in 09
Boxing (M)	8-Dec	8 Dec - 2 Feb NBVC, CA	3 - 8 Feb MCB Lejeune, NC	8 - 16 Mar Colorado Springs, CO	3-12 Nov Baku, Azerbaijan
Cross Country (M&W)	1-Jan	None	14 - 17 Feb San Diego, CA	None	21-24 Feb Thun, Switzerland
Wrestling (M)	1-Feb	1 Feb - 13 Mar NAS Pensacola, FL	14 - 18 Mar NAS New Orleans, LA	Apr - TBD Las Vegas, NV	2-9 Sep Zagreb, Croatia
Basketball (W)	1-Feb	1 - 19 Mar TBD	20 - 28 Mar Fort Indiantown Gap, PA	None	12 - 23 Apr Lackland AFB, TX
Basketball (M)	1-Feb	1 - 19 Mar NAVSTA Annapolis, MD	20 - 28 Mar Fort Indiantown Gap, PA	None	12 - 23 Apr Lackland AFB, TX
Soccer (W) - **Trial Camp**	9-Apr	None	9 - 26 May Pope AFB, NC	None	28 May-9 Jun Ede, Netherlands
Triathlon (M&W)	28-Apr	None	28 May - 1 Jun NBVC, CA	None	12 - 17 Jun Otepaa, Estonia
Volleyball (M & W)	10-Apr	(W) 10 - 31 May NAVSTA Annapolis, MD (M) 10-31 May NAVSTA Mayport, FL	1 - 8 Jun MCAS Cherry Point, NC	28-31 May Atlanta, GA	19-29 Jun Warendorf, Germany
Golf (M&W)	1-Jul	1 - 7 Aug NAS Jacksonville, FL	8 - 14 Aug Fort Gordon, GA	None	17-23 Aug Ottawa, Canada
Softball (W)	22-Jul	22 Aug - 12 Sep NAS Pensacola, FL	13 - 19 Sep NAS Pensacola, FL	25-28 Sep Oklahoma City, OK	None
Softball (M)	22-Jul	22 Aug - 12 Sep NAS Pensacola, FL	13 - 19 Sep NAS Pensacola, FL	25-28 Sep Oklahoma City, OK	None
Marathon (M&W)	1-Sep	None	23 - 27 Oct Washington, DC	None	10-13 Oct Capri, Italy
Rugby (M)	7-Oct	7 - 14 Nov NAS Jacksonville, FL	15 - 21 Nov Ft Benning, GA	None	None

FY07/FY08 MWR Financial Plan
PROGRAM SCOPE



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N921 – Deployed Forces Support Initiatives

Enhanced Deployed Forces Support for Fleet Units and Ground Forces within the 5th Fleet AOR

- Program and Logistical Specialist
- Holiday Package delivery -5th Fleet AOR
  - Ground – 11,000
  - Afloat- 9,000

Afloat Civilian Program

- Fun Boss and Fit Boss – continued recruitment
  - Billets Required: 54
  - Billets Funded : 44 Filled: 28 Vacant 16
- Expansion of the Waterfront Fitness Specialist Pilot Program
  - Billets Funded : 3 Filled: 2 Additional Billets Required: 14

Performance Assessment for Fleet Recreation Program

- Norfolk and San Diego – Fall 2007
- Target group: 10 ships each coast/ at least 2,ooo Sailors
- Outcome expected: Ensure program delivers what Sailors deem important

Institute Basic Navy Fitness and Group Exercise Certification pilot program for Fleet Sailors to assist Shipmates

- Target – 100 personnel certified in FY 08 on 50 Small Ships and Submarines crews
- Program Starting Date: March 2008

NAVY Fitness

Stay Healthy ~ Stay Fit ~ Stay Navy

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FY08 Navy Fitness Initiatives

- **GOAL: Helping People Make Healthy Lifestyle Changes**

- Campaign Slogan

EXERCISE YOUR OPTIONS

- **Motto**

Stay Healthy ~ Stay Fit ~ Stay Navy

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POTENTIAL

"The measure of who we are is what we do with what we ha

N921 – Navy Fitness Initiatives

DOD Fitness Standards 2007 Results

- 75 Activities reported 111 fitness facilities
  - 107 fitness facilities met DOD Standards
  - 72 out of 75 installations met DOD Fitness Standards
  - 100% Compliance with DOD Fitness Standards

Focus to maintain same results for 2008

Performance Assessment for Fitness Program

- Norfolk and San Diego – Fall 2007
- Target group: 1,500 patrons at each location
- Outcome expected: Ensure program delivers what Customers deem important

Nutrition

- Performance Enhancement Dietitian
- Navy Nutrition Now
- Dietary Guidance Course – Partnering with Cooper Institute
  - Next course April 2008
  - Current instructor to offer course at least once a quarter

Family & Youth Fitness

- Family Member Fitness Room
  - Space available on installation before end of 2007
- Family Fitness Programs & Program Area
  - Establish Family Fitness Hours at each MWR fitness facility complete with program
- Partnering with CYP to increase youth/teen fitness possibilities
  - Assisting CYP with Youth Fit Factor

N921 – Navy Fitness Initiatives

Fitness Complex MILCON Program

- FY09 Program
  - NAVSTA Newport
  - NAVSTA GITMO
  - NAVSTA Pearl Harbor

- Ensure that all Fitness projects have current and solid 1391s in accordance with DOD UFC

Centralize all fitness equipment procurement

- To ensure effective and efficient utilization of scarce resources by FY09

- Cardio equipment upgrade for Navy Operational Support Centers to be completed during FY08

Fitness Staff

- Having trained fitness personnel on the floor during all hours of operation to assist and enlighten patrons regarding healthy lifestyles

- Appropriate attire that patrons recognize the staff member as a fitness professional.

- Follow the Navy Fitness Training materials regarding proper physical conditioning, workout techniques and programs.

Fitness Facilities

- Keen and detailed attention being paid to keeping facility and equipment clean and well maintained on a hourly and daily basis-based on facility utilization.

- AED
  - Number of AED
  - Location of AED
  - Training

N921 – Navy Fitness Initiatives
Fitness Cross Functional Team (CFT)

Establish Fitness Readiness Development Center

•One location to address and handle all fitness issue and concerns

• Provide consistent message across the Enterprise

• Current target location- Washington Navy Yard

Conduct Fitness Program Assessment

• Utilize DOD & Navy Fitness Program Standards to include financial data.

•Goal is to provide baseline program assessment for future funding

• Launch 1st Quarter of FY08- NDW Region

Enterprise wide Fitness Program Development and Standardization

• Staff education- Increase capabilities
  - •Advanced Navy Fitness Personal Trainer Course to be launch 2nd Quarter of 2008
  - •Will be required training for all Navy Fitness Specialists

• Mobile Fitness Training Team

• Virtual training and ongoing feedback capability for the field on or before FY10

Achieving Proper Alignment for Navy Fitness

More to follow in the Future

MILCON Fitness Listing

FY10
- NAVSTA San Diego (101)
- NAS North Island (89)
- NAS Whidbey Island (87)
- NAB Coronado (81)
- NAS JAX (77)

FY11
- NAS Kingsville (77)
- NAS Corpus Christi (76)
- FASW Point Loma (73)
- NSY Portsmouth (73)
- NCBC Port Hueneme (71)

FY12
- NAS PAX (69)
- NSB New London (67)
- NAVSTA Rota (67)
- JFSC NSA Norfolk (65)
- NAVSTA Mayport (63)

FY13
- FCTC Dam Neck (65)
- NWS Dahlgren (63)
- NAS Fallon (62)
- NWS Earle (61)
- NWS Seal Beach (59)

FY14
- NOS Indian Head (57)
- NAS Point Mugu (55)
- NAF El Centro (53)
- NSA Panama City (53)
- CID Corry Station (50)

FY15
- NAS Oceana (addition)
- NIOC Sugar Grove
- NAVSTA Norfolk
- NAVSTA Great Lake
- NAB Little Creek

FY16
- NSY Portsmouth,NH
- CFA Okinawa
- NSA Souda Bay
- NSB King Bay
- NAS Meridian

FY17
- NAWS China Lake
- NASJRB Fort Worth
- NAVSTA Annapolis
- SPCC Mechanicsburg
- PMRF Barking Sands

FY18
- NSA Mid-South

As of Sept 27,2007

Fitness Center MILCON Program PR09 Plan (TY$M) (as of September 27, 2007)

Fitness Centers ((TY$M)	FY09	FY10	FY11	FY12	FY13	FY14	FYDP
NS Guantanamo	21						21
NS Newport	30						30
NS Pearl Harbor	45						45
NAVSTA San Diego (101)		27					27
NAS North Island (89)		47					47
NAS Whidbey Island (87)		32					32
NAB Coronado		20					20
NAS Jacksonville (77)		39					39
NAS Kingville (77)			9				9
NAS Corpus Christi (76)			18				18
FASW Point Loma (73)			11				11
NSY Norfolk (73)			22				22
Port Hueneme (71)			15				15
NAS PAX River (69)				24			24
NSB New London (67)				35			35
NAVSTA Rota (67)				26			26
JFSC/NSA Norfolk (65)				19			19
NAVSTA Mayport (63)				23			23
FCTC Dam Neck (65)					15		15
NWS Dalhlgren (63)					14		14
NAS Fallon (62)					18		18
NWS Earle (61)					20		20
NWS Seal Beach (59)					19		19
NOS Indian Head (57)						10	10
NAS Point Mugu (55)						19	19
NAF El Centro (53)						16	16
NSA Pamama City (53)						11	11
CID Corry Station (50)						14	14
Total	**96**	**165**	**75**	**127**	**86**	**70**	**619**

DOD Physical Fitness Standards Past Results

- **2000**
  - **19 out of 74 activities attained standards**
- **2001**
  - **82 Activities reported 136 fitness facilities**
    - **33 Fitness facilities met DOD standards**
- **2002**
  - **91 Activities reported 159 fitness facilities**
    - **59 fitness facilities meet DOD standards**
- **2003**
  - **95 Activities reported 148 fitness facilities**
    - **15 fitness facilities met DOD standards**
- **2004**
  - **89 Activities reported 142 fitness facilities**
    - **11 Fitness Facilities met DOD Standards**

DOD Physical Fitness Standards Results

- **2005**
  - **87 Activities reported 145 fitness facilities**
    - **18 fitness facilities met DOD standards**
- **2006**
  - **76 Activities reported 116 fitness facilities**
    - **51 Fitness Facilities met DOD Standards**
- **2007**
  - **75 Activities reported 111 fitness facilities**
    - **107 Fitness Facilities met DOD Standards**
  - **99% compliance with DOD Standards**

FY08 Command Fitness Leaders Training by N135

DATES	LOCATION
January 14-18	Pearl Harbor, HI
February 11-15	Millington, TN
March 3-7	Norfolk, VA
March 24-28	Millington, TN
April 14-18	Mayport, FL
May 12-16	Bangor, WA
June 2-6	Millington, TN
June 23-27	San Diego, CA
July 14-18	Newport, RI
August 4-8	Millington, TN
August 25-29	Norfolk, VA
September 15-19	Yokosuka, Japan

No Butts About It

FOCUS – HERE !!!

- **Cover “Home Base”**
- ***OUTREACH***
- **Support Physical Readiness Program**
- **Clean- Equipment & Facilities**

VICTORY

"Victory is sweetest when you've known defeat"